



The Dharma of Dogs: Our Best Friends as Spiritual Teachers

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We spend countless hours training our dogs, but how often do we consider what they have to teach us? “Our canine companions aren’t just our best friends,” explains Tami Simon “They naturally embody many of the spiritual principles we ourselves aspire to.” *The Dharma of Dogs* shares the reflections of Buddhist writers and other teachers who have found a source of deep truth and practical wisdom beneath the furry surface of our four-legged friends.

For anyone who loves dogs—and who has learned and grown through this special relationship—these essays offer humor, solace, inspiration, and insight into the life lessons our dogs make available to us. Readers join bestselling authors such as Alice Walker, Geneen Roth, Lama Surya Das, Mark Nepo, and others to explore such themes as unconditional love, connecting with nature, facing our fears, and more.

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